



News Release

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See You Outside

New program rewards outdoor recreation and Delaware exploration.

Wilmington, DE May 30, 2013 – The Nature Conservancy in Delaware and Delaware Greenways, Inc. have launched their highly anticipated summer challenge, <u>See You Outside</u>, giving Delaware residents and visitors great opportunities for exploring natural sites in the state and the chance to win a \$500 Trail Creek Outfitters Gift Card. The <u>challenge runs now through November 5</u>.

"See You Outside is designed for people of every age and ability interested in making the most of Delaware's natural infrastructure – whether on foot, by bike or even in a canoe," says Maria Dziembowska, Community Engagement Specialist for The Nature Conservancy in Delaware. "The program highlights the diversity of our state's extraordinary natural areas, showing Delawareans that experiencing nature is closer and easier than they might think. We believe that if they come to know these areas, they'll want to help us protect them."

Delaware Greenways and The Nature Conservancy picked 40 activities for the challenge. "We intentionally chose an eclectic mix of activities for people to complete. Some activities were picked to bring attention to lesser-known natural areas in the state, while others were chosen for their accessibility, to show you don't need to be an extreme outdoors enthusiast to enjoy the outside" says Dziembowska.

See You Outside is also free and there are prizes!

For a chance to win, participants complete one or more of the 40 specially selected outdoor activities and submit a photo documenting their participation. The first 300 people to complete 10 activities receive a *See You Outside* car magnet.

"This is a great resource for people of all ages looking for outdoor activities here in the First State," says Delaware Greenways Managing Director David Hunt. "Why sit on your couch when there is so much to do right outside your front door?" According to Hunt, the *See You Outside* challenge provides information about outdoor festivals and concerts, hiking and biking trails, and the state's beautiful parks and open spaces – including a wide variety of familiar activities as well as a few hidden treasures.

"One of the key strengths of this program is its strong base of partners," Hunt continues. "These partnerships support efforts to promote communities, improve health and wellness, and draw attention to recreational opportunities and beautiful natural spaces." One partner includes Nemours Health Prevention Services, a non-profit children's health organization with a clinic based in Wilmington.

"Nemours Health and Prevention Services is thrilled to support The Nature Conservancy, Delaware Greenways and the many partners that are creating opportunities for children and their families to experience outside spaces, places and events throughout Delaware," says NHPS Executive Director Mary Kate Mouser. "As an organization dedicated to working with others to help children lead healthier lives, NHPS encourages everyone to sign up for this opportunity to take part in 'See You Outside.' While some will receive prizes, everyone 'wins' since they get outside, get active and get to enjoy a healthy lifestyle!"

Just a few of many qualifying activities for *See You Outside* include biking the Northern Delaware Greenway, exploring The Nature Conservancy's <u>Edward H. McCabe Nature Preserve</u> on foot or by canoe, swimming in the Atlantic Ocean or the Delaware Bay, camping outside, attending an outdoor concert or community festival, and joining an outdoor sports league.

"Getting more people outdoors is good for mental and physical health with the added benefit of instilling an appreciation for Delaware's natural resources," says Richie Jones, the Conservancy's Delaware State Director. "That usually turns into support for protecting these resources and also support for the towns and cities – local economies – where they can be found. All of it is great for Delaware."

The Nature Conservancy is a leading conservation organization working around the world to protect ecologically important lands and waters for nature and people. The Conservancy and its more than 1 million members have protected nearly 120 million acres worldwide. Visit The Nature Conservancy in Delaware on the Web at http://www.nature.org/delaware.

Delaware Greenways is a statewide, community-based organization specializing in natural and scenic resource protection and sustainable land use to improve quality of life and promote healthy and active lifestyles. Committed to healthy, vital, sustainable communities throughout the First State, Delaware Greenways has been a leader in the development and management of byways, greenways and trails for almost a quarter century, beginning with an emphasis on preserving valuable landscapes and the designation of scenic byways throughout the state. The organization has expanded the scope of its work to cover community design, health and wellness, eco-tourism and sustainable agriculture.